SCDCARE to SCDCARE Resource Guide

Resilience Strategies for Caregivers of Children and Young Adults with SCD

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Being Organized

Tips For Becoming An Organized Caregiver
https://meetcaregivers.com/organized-caregiver-tips/

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Caregiving: Getting Organized and Mobilizing Help
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Family Caregiving: Planning for Care for You or a Loved One
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Strategies for Getting (and Staying) Organized While Caregiving

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10 Best Time Management Tips for Caregivers from a True Expert
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5 Practical Time Management Tips for the Caregiver
https://www.transitionslifecare.org/2021/06/30/5-practical-time-management-tips-for-the-caregiver/

Time Management Strategies Can Ease Caregiver Burden
5 Powerful Time-Management Tools and Techniques to Help You Excel as a Caregiver
https://blog.ioaging.org/caregiving/5-time-management-tools-techniques-help-caregiver/
Having a Support Team

Why Family Caregivers Refuse Help

How to ask for help
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Why Is It So Difficult to Ask for and/or Accept Help as Caregivers?
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Caring for a sick child: Sharing the responsibility
https://www.aboutkidshealth.ca/article?contentid=1139&language=english

Getting Support When Your Child Has Special Health Care Needs
Eight Tips for Keeping Faith While Caring for a Sick Child

How to rely on God when your child is sick

10 Simple Spiritual Activities for Self-Care That You Can Begin Today

10 Ways to Keep Hope Alive in Hard Times

Why is hope important?
https://www.extern.org/why-is-hope-important

Your 10 Acts of Courage
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Stress Management and Spirituality
Building your resilience
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Caregiver stress: Tips for taking care of yourself

Caregivers
https://adaa.org/find-help/by-demographics/caregivers

Caregiver Health
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Caregiver Burnout
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4 things you can do to alleviate caregiver stress
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7 Steps to Manage Stress and Build Resilience
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Relaxation for Caregivers Series (English)

14 Practical Ways to Relieve Caregiver Stress

6 Ways to make it easier for Caregivers to Take A Break
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How to Handle Criticism While Caregiving
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Managing Your Fear When Your Child Is Seriously Ill
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Caregivers: Be Realistic, Think Positive
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8 Ways to Be a More Optimistic Caregiver  

4 Ways to Transform Fear of Failure into Courageous Caregiving  

Managing stress when caregiving  

How to Handle Guilt and Other Caregiving Emotions  
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Choosing joy during difficult times  
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Research Says To Improve Resilience, Improve Your Sleep
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Sleep on it: how sleep helps build resilience
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Feeling Overwhelmed? How to Build Resilience with a Good Night’s Sleep
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Building Resilience Through Food

How Food May Improve Your Mood
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Nutrition: the Foundation of Self-Care for Caregivers

Building Resilience Through Food

Nutrition for caregivers
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Exercise

Exercise reorganizes the brain to be more resilient to stress

Exercise and stress: Get moving to manage stress

Here's How Working Out Can Make You More Resilient to Stress
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Exercise May Make It Easier to Bounce Back From Stress

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Exercise as Stress Relief
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Working Out to Relieve Stress

Exercise: A healthy stress reliever

Exercise for Stress and Anxiety

Regular exercise helps family caregivers improve fitness and reduce stress, study finds

7 Tips to Help Caregivers Create Time for Exercise
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Depression and anxiety: Exercise eases symptoms
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The Mental Health Benefits of Physical Exercise
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Strategies for Self-Care & Resilience

Building your resilience with self-care

Self-Care Strategies for Resilience

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Self-care: 4 ways to nourish body and soul
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How Much is Too Much?
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Keeping Yourself #1
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Why Is It So Hard to Relax? How Caregivers Can Learn to Unwind
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Resilience: General Resources

10-Point Self-Care Plan for Boosting Resilience as the COVID-19 Pandemic Continues

Resilience in the Face of Trauma
https://www.mequilibrium.com/resources/resilience-in-the-face-of-trauma/?utm_source=google&utm_medium=cpc&utm_campaign=Resilience&adgroup=Dynamic&utm_term=&utm_content=544080079812&matchtype=&gclid=EALaIobChMI04aJtqXh9QIV4v_jBx3wEAAwEAMYASAAEgLmRPD_BwE

How to Find Resilience in a Time of Crisis as a Family Caregiver

10 Ways to Boost Your Emotional Resilience, Backed by Research
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13 Things You Can Do to Build Emotional Resilience
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Building Family Caregiver Resilience: Social Strategies for Family Caregivers

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